

## MONTHLY BOARD MEETING MINUTES

September 23, 2013

### **Mental Health Board**

#### **Members in Attendance**

Behrens, Sharon  
Buckman, Rick  
Cleveland, Cheryl  
O'Meara, Janet  
Schauer, Steve  
Thickens, Theresa  
Wesp, Daniel  
Williams, Jessica  
Dickinson, Will

### **Staff and Guests**

Abrahamson, Twylla  
Bauman, Maureen  
Denton, Kathie  
Hook, Robert  
Jones, Janna  
Moser, Katrina  
Osborne, Marie  
Ling, Louis  
Martin, Deb  
Taylor, Will

#### **Absent Members**

Holmes, Jim  
Meade, Pat

### **Welcome and Introductions**

Janet O'Meara, Chairperson of the Mental Health, Alcohol and Drug Board (MHADB), called the meeting to order at 6:15 p.m. Members and guests were welcomed and introductions were made.

#### **❖ Board Protocol (Non-Board Member Participation) – Not read**

- This item is designed to clarify, for new attendees, the role of non-board members and their participation while attending the Mental Health, Alcohol and Drug Board (MHADB) meetings.
- The MHADB encourages public input in all of its meetings. In order to facilitate this, we allow for public input two times – once at the beginning of the agenda and once at the end. These times are for those items that do not appear on the agenda. For items that are on the agenda, the Board will allow time for input from the public at the time the item is heard by the Board. Input guidelines are as follows: (Not read this evening)
  - a. *All remarks shall be addressed to the Board as a body and not to any member of the board or staff.*
  - b. *No person, other than a member of the Board and the person having the floor shall be permitted to enter into any discussion without the permission of the chairperson.*
  - c. *For items not on the agenda, each person is limited to three (3) minutes of comment during the Public Comment Period(s.)*
  - d. *For items on the agenda, each person is limited to five (5) minutes of comment during the agenda item, unless time is extended by the chairperson*
  - e. *For items on the agenda, if there is a person speaking on behalf of a group, with no other comments by another member of that group, please identify yourself as such and your time may be extended at the pleasure of the chairperson.*
  - f. *Total discussion time on any item may be limited by the chairperson to ensure that all of the business on the agenda is completed no later than 8:00 p.m.*

### **PUBLIC HEARING – Placer County, Mental Health Services Act (MHSA) Annual Update FY 2013-14**

Janet O'Meara, Chair of the Mental Health, Alcohol and Drug Board called the Public Hearing to order at 6:15 p.m.

- The Mental Health, Alcohol and Drug Board's (MHADB) role is to hear input from the public on the MHSA Annual Update FY 2013-14.
- No public comment received.
- Public Hearing concluded at 6:20 p.m.

#### **❖ Guest Speakers:**

**Deb Martin, Director of Forensic Programs**, Professional Educational Services, presenting on In-Custody Programs

- Distributed handouts: 1) PES-ebs, Inc. Annual Outcomes: Evaluation Report, July 1, 2012 – June 30, 2013; and 2) Appendix II – MRT Freedom Ladder.
- Goals of PES program are to reduce recidivism and reduce incident of substance abuse (addiction).

- Focus on risk, responsivity and need.
- Research shows when you focus solely on self-esteem, anxiety, creativity, and social outlets - recidivism actually goes up significantly.
- MRT – Moral Reconnection Therapy (12-step plan) addresses stages of moral reasoning. Reviewed the various steps and rules of MRT.
  - Initial evaluation.
  - Risk assessment.
  - Discuss program and provide individual with a workbook (system for moving from step to step).
- At the end of the program, individuals take a moral assessment.
- Reviewed the outcomes report. Served 81 people in the first year.
- Reviewed success rates in same level of care.
- People are not mandated for treatment.
- Average amount of time it takes for an individual to complete the 12 steps is approximately 28 sessions (sessions 2 times per week) and can complete in 90 days or less.
- 50% of those in programs have mental health diagnosis.

### **Secretary/Treasurer's Report**

**Approval of the August 26, 2013 Regular Board Meeting Minutes** – Approved minutes as distributed.

**Approval of Treasurer's Reports** – \$1,500 - Amount budgeted for Fiscal Year 2013-14.

Expenditures for the month of August include: catered meals - \$44.75. End balance of \$1,346.33 and is accepted as presented.

### **Standing Committee Reports**

- ❖ Alcohol and Drug Committee – Dan Wesp
  - Listed providers who are contracted with the county. All providers who receive Medi-Cal have to be contracted with the county, which allows the county to oversee the providers. Some providers contracted with the county receive county funds for different types of services.
  - The committee plans to visit Warren Daniels' new site on November 18<sup>th</sup>.
    - For those who are interested in the tour, contact Dan Wesp.
- ❖ Quality Improvement Committee – Jessica Williams
  - Review of protocol updates for upcoming reviews and received updates on site closures.
  - Announced receipt of alternate funding stream for resources card.
- ❖ Children's Committee – Sharon Behrens
  - Will Dickinson attended the Children's Committee meeting and was provided a review of services by Richard Knecht. Mr. Dickinson shared what he had learned.
  - Reported on the combined project of the QI and Children's Committee, announcing the Theresa Thickens has joined the group and is participating in the Lincoln Community Resource Collaborative (LCRC). The Mud Run, which is under Rotary, is providing funding to print 10,000 crisis resources cards.
  - Beginning in the Lincoln community (western Placer), discussing what's needed in schools. Made contact with the assistant police chief, who is very interested in receiving training in Lincoln.
- ❖ Adult Services Committee – Janet O'Meara
  - Curtis Budge, ASOC Client Services Program Manager, attended the committee meeting.
  - The committee talked to Mr. Budge about what happens when people leave the PHF; he will review protocol steps when clients leave the facility and will report back to the committee.
  - The committee is interested in conducting field trips to gain a better consumer perspective.

### **BOS-Representative**

- ❖ None

### **Correspondence and Announcements**

- ❖ Nothing reported.

## **Director's Report**

- ❖ Maureen Bauman reported on the following and provided a written Director's Report:
  - No written report was provided.
  - Provided an update on the News and Review article: Removing the Stigma (changing attitudes lead to greater acceptance) includes stories, information, and some resources. The document will be made available at the Big Time Pow Wow and in the Placer version of the Sacramento Bee and the local papers, Gold Country Media and Tahoe papers.
  - Distributed the email from Tammy Cherry for the upcoming local community events: Auburn – October 10<sup>th</sup>, Colfax – October 16<sup>th</sup>, and Lincoln – November 14<sup>th</sup>.
  - Provided an update on the Health Care Reform and getting people on Medi-Cal. Having Medi-Cal and providing services to people that have mental health and substance abuse issues without being involved in specialty care is a pretty big deal. Expecting challenges with resources.
    - People will be able to get group therapy and psychotherapy without having severe mental illness.
    - Drug and alcohol services have been expanded to include residential.
    - Getting ready for October 1<sup>st</sup> and January 1<sup>st</sup>.
  - AB 109 consultants are evaluating what's happening with the jail population. Ms. Bauman corrected some information from tonight's presentation on in-custody. People coming out of prison are not actually coming into jail; people coming out of prison are going into outpatient programs and are being supervised by Probation. People that are now going through the court process for crimes that used to take them to prison are now just being incarcerated in Placer County Jail.
    - Looking at out-of-custody programs.
    - New jail going forward – most likely by the end of the year.
    - Overall programs (includes in-custody and out-of-custody) in the last year, we had 104 complete the programs; about half were successful and about half didn't finish the program.
  - Announced the Marie Osborne is the new Assistant Director in the Adult System of Care (ASOC). ASOC is currently recruiting for a replacement manager.

## **Unfinished Business**

- ❖ Recruitment (*Standing Agenda Item*)
  - Two potential applicants are in attendance tonight – Dr. Hook and Dr. Ling.
  - Would like to get someone from the Latino Leadership Council to serve on the MHADB. MHSA has five reports on special populations of people that are under served: Latino, Asian, African American, Native, and the Lesbian Gay Transgender communities.
- ❖ Visibility of MHADB Services (*Standing Agenda Item*)
  - New State of Mind Community Events will be attended by: Theresa Thickens and Sharon Behrens - Lincoln; no one identified - Colfax; and Janet O'Meara - Auburn.
    - Contact Janet O'Meara if you are able to attend one of the events.
  - The Big Time Pow Wow takes place Saturday, October 19<sup>th</sup>; it's an all-day event.
    - Contract: Loren Nakai, Sierra Native Alliance (local organization) is leading the event.
- ❖ Recovery Happens Event (*follow up*)
  - The Recovery Happens event took place on Saturday, September 21, 2013.
  - Steve Schauer provided an update on the event and the turn out.
  - Will Taylor was acknowledged for the good work organizing the event.
- ❖ Committees' Report (Draft FY 12-13 Annual Report to the Board of Supervisors)
  - The draft document was distributed in the board packets for review by members. Sharon Behrens would like member input.
  - Outreach and projects (those additional things people do, e.g., NAMI, LCRC, etc.) were identified under the Executive Committee Report. If you are participating in another program, as an outreach board member, contact Janna Jones for input into the report.
  - If no feedback by Friday, the document will be prepared for final production. The final report will be completed in October and will then be present to Board of Supervisors in November or December.

- ❖ Community Forum (*follow up*)
  - No board member attended the Foresthill community event.
  - Katrina Moser attended the event and shared her experience; she felt it was very interactive.
  - Noted that it's a participatory experience.
  - Advertised within the local community - kids, teachers and those in the community.
- ❖ Discussion on Distribution on Crisis Resource Card
  - Discussed under Children's Committee report.

### **New Business**

- ❖ Informational Item
  - Briefly reviewed the California Forensic Medical Group, Inc. contract for Inmate Healthcare Services; it will be going to the BOS September 24, 2013.
  - Mental Health Services Act Annual Update. Pointed out the programs identified on the last page of the MHSA plan.
- ❖ Resources
  - Reviewed some resources:
    - Drug and Alcohol Resources.
    - Network of Care (Trilogy).
    - Added a "food button" on top to get information on food closets.
- ❖ Trauma Informed Care
  - Process started about nine months ago, having the trauma convening with 18 counties attending. From the convening came interest in having a regional program for trauma informed care for three to six year olds.
  - The Request for Proposal (RFP) will go out November or December. Funding to begin July 2014; 10 seats shared by Placer and Sacramento County.
  - Empowering families to help in the treatment of their children.
  - Reported on the article Mia and Sharon Behrens wrote for a magazine, highlighting Trauma Informed Care (article distributed in the packet).

### **Board Member Comments**

- ❖ Jessica Williams gave special thanks to Twylla Abrahamson for Quality Improvement report and congratulations to Marie Osborne.
- ❖ Sharon Behrens announced:
  - ◇ October 1<sup>st</sup> - Friends of Leonard will be meeting at 11:30 a.m. at Sabores at 10341 Fairway Drive in Rocklin.
    - Holiday party takes place at 2:00 p.m. December 13<sup>th</sup> at Koinonia's Crisis Resolution Center (same place as last year).
  - ◇ Drug Take Back takes place on October 26<sup>th</sup>; volunteers are needed. Sharon and Mia Behrens will be assisting at the event in Lincoln.
    - Contact Shari Crow if you are available to assist.
- ❖ Cheryl Cleveland announced the Run for Courage takes place at 8:00 a.m. this Saturday (5k and 10k) raising awareness of sex trafficking.

### **Public Input**

- ❖ Will Taylor expressed his thanks for everyone coming out for Recovery Happens.

### **Adjournment**

- The meeting was adjourned at 8:00 p.m.
- **Tuesday**, October 15, 2013 at **3:00 p.m.** is next Executive Committee meeting (ASOC).
- Monday, October 28, 2013 is the next Board meeting taking place in the HHS Adult System of Care, Cirby Hills Cafeteria, 101 Cirby Hills Drive, Roseville.

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Secretary/Treasurer, Mental Health, Alcohol and Drug Board